



WATSON WELLNESS

Reiki & Meditation



Anne Watson is a certified Meditation Facilitator & Reiki Master Practitioner who offers services for the purpose of improving mental, emotional, physical & spiritual health through one-on-one or group sessions.

Services

Reiki Treatments

One-on-one hands-on energy healing sessions to awaken the body's innate ability to heal & balance.

30-Min \$60
1-Hour \$111
90-Min \$145



Custom Healing Sessions

Relieve stress, anxiety, worry & depression and facilitate your body's healing process during your specially-tailored private one-on-one or group session.

Choose from the following healing modalities:
Reiki, Guided Meditation, Sound Healing, Pranayama, Gentle Yoga, Walking the Land, and Nourishing Whole-Food Vegetarian Meals.

Custom Sessions starting at \$165pp

Book Now

To book your session, email anne@annewatson.com
I look forward to serving you!

949-232-3503 | instagram: [@theannewatson](https://www.instagram.com/theannewatson) | annewatson.com